



How Would I Feel?

- Ask the class to bring advice columns from newspapers or magazines. Ask them if they recognize any of the columnists or columns and if they have ever read any of them. Discuss with students that columns are used to tell about problems and to get advice.
- Choose several of the statements from the list of conflicts and stressful situation's (see "Connections to"), and ask the students how they think the columnist would answer them.
- Share responses with the class.
- Discuss and help students understand that all people have problems, regardless of age. Direct the students to write down a problem/question that they have or someone they know has.
- Collect the problems and write them on strips of paper.
- Divide the class into small groups of three to five students. Give each group two or three questions. Ask them to (1) tell how it would feel to have a problem like that, and (2) what they think the person with the problem would do.
- Bring them back together as a large group. Give each group an opportunity to express their opinions about the problems they were given. You as the teacher should not provide a solution or answer to the problems, but try, to emphasize to the students how feelings and behaviors influence actions.

Evaluation/Assessment

Did everyone participate?
Were everyone's ideas listened to?
Were there any put-downs?
Did everyone have a vote in the decisions?



Adapted from **The Teacher as Facilitator** by Joe Wittmer. Ph.D.
and Robert D. Myrick. Ph.D.
Educational Media Corporation, Minneapolis, MN, 1989.

